

# 2011 Military Health System Conference

## Addressing the Challenges of a Smoke-Free U.S. Navy Submarine Force

*The Quadruple Aim: Working Together, Achieving Success*  
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# Report Documentation Page

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# Panel Speakers and Topics



- CDR Yeo: Background on the research and policy
- Dr. Long: support developed and provided in regards to cessation training and resources for the crew
- CAPT Williams: Training and discussion of pharmacotherapy limitations
- CAPT McQuade: Discuss targeted MTF support at Kings Bay for submarine community to include family members

# Commander Fred Yeo, MC, USN



- CDR Fred Yeo, MD, FACP, FASN, UMO currently serves as the Submarine Force Medical Officer, Commander, Submarine Force, US Pacific Fleet
- Background initiatives, policy, and research leading to smoking cessation efforts in the US Submarine Force

# Background: EO 13058



- Executive order 13058 (1997) mandated protection of Federal Employees from tobacco smoke in the workplace.
- Submarine force “exempted”. (Section 2 EO 13058).
- DoD issues instruction “Smoke-Free DoD Facilities” (2001).
- Submarines “exempted” though not formally requested.

# Background: SECNAV Policy



- SECNAV instruction 5100.13C: “the rights of nonsmokers prevail over the rights of smokers”. (2001)
- 5100.13C exempts submarines, directing a “smoking space”, IAW S9510-AB-ATM-010.
- Nuclear powered submarine atmosphere control manual states: “it is impossible to operate submarines without tobacco smokers”.

# Background: SG Report 2006



- Surgeon General Report “The Health Consequences of Involuntary Tobacco Smoke” (2006) addressed the issue of second hand smoke.
- Emphasized second hand smoke is equivalent to mainstream smoke inhaled by smokers.

# Background: Submarine Review



- CDR Jankosky, Force Medical Officer, Commander Submarine Force Pacific (CSP), published article “Tobacco smoking aboard US Nuclear Submarines” (2006, The Submarine Review).
- Report linked smoking and its effect on adverse operational capability.
- Proposed the submarine force should comply with policies to protect the nonsmokers from secondhand smoke.



# Background: Smoke Free Trial



- 2007-9, CSP conducted a smoke-free trial.
- Measured nicotine metabolite in non-smokers.
- Non-smokers had 3x the amount of cotinine during deployment (compared to pre-deployment)
- Study concluded nonsmokers are exposed to significant levels of environmental tobacco smoke, regardless of location on the submarine.

# Background: POA&M



- In 2009, a working group was established to create a POAM with the deadline of 31 December 2010, at which time smoking would be banned below decks on deployed submarines.
- Submarine Forces Notice 5100 (August 2010) established policy, banning smoking on US Submarines.

# Background: Logistics & Metrics



- All US Submarines provided with FDA-approved nicotine patch and gum replacement therapy (\$500K).
- 2-3 personnel per submarine trained as smoking cessation facilitators.
- Prior to 31 December 2010, baseline epidemiologic data was collected from all PAC submarines, establishment of baseline.

# Background: Conclusions



- Numerous experts and documents conclude the dangers of second hand smoke.
- Until 31 Dec 2010, submarines had been exempt from policy.
- On 31 Dec 2010, the submarine force went smoke-free.
- Initial observations indicate no significant effects on operational capabilities.

# Background: Acknowledgements



- CAPT Chris Jankosky, MD, USN
- CAPT Edward Waters, MD, USN

# Dr. Mark Long



- Mark Long serves as a Public Health Educator and Tobacco Program Manager at the Navy Marine Corps Public Health Center and as Co-Chair of BUMED Tobacco Cessation Action Team
- NMCPHC/TCAT support developed and provided in regards to cessation training and resources for the crew

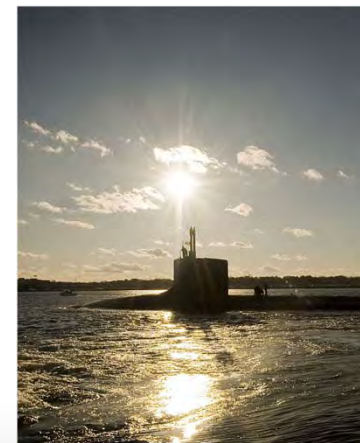
# Partnership



- SUB Force Medical, Navy Marine Corps Public Health Center & Navy Medicine
- Training, Resources, Treatment



2011 MHS Conference



# Training



- American Cancer Society  
Fresh Start Program



Freshstart®

- Train Facilitators on each submarine to augment the Independent Duty Corpsmen
- Facilitator Training Teams – mobile team and local team at each of the MTF Sub Bases - Groton, Norfolk, King's Bay, Bangor, San Diego, Pearl Harbor and Guam





# Resources



- Train the Trainer Resource CD
- Navy Tobacco Cessation Facilitator Basics CD
- Developed a Want to Quit Tobacco CD
- Paper training materials for new facilitators
- Tobacco Cessation Resources for Operational Forces



<http://www.nmcphc.med.navy.mil/bumed/tcat/CD/Index.htm>

# Treatment



- Offer individual and group counseling at the worksite
- MTF provides tobacco cessation
- Additional treatment options- state quit lines 1-800-QUITNOW, web programs

**QUIT TOBACCO.**  
make everyone proud



[www.nmcphc.med.navy.mil/Healthy\\_Living/Tobacco\\_Cessation/quitting\\_resources.aspx](http://www.nmcphc.med.navy.mil/Healthy_Living/Tobacco_Cessation/quitting_resources.aspx)

# Captain Larry Williams, DC, USN



- Head, Health Promotion and Wellness, Navy and Marine Corps Public Health Center; Co-Chair, Navy Medicine Tobacco Cessation Action Team (TCAT); Navy Medicine Tobacco Cessation Clinical Champion
- Discuss training and resources for the Undersea Medical Officer (UMO) Community as well as discussion on medication selection

# Provider issues



- Provider training was held in conjunction with 2010 UMO Conference held in San Diego
- Utilized guidance provided in the 2008 Public Health Service (PHS) Tobacco Cessation (Treating Nicotine Dependence) Clinical Practice Guideline (CPG)

# Provider issues



- Key points for providers:
  - Education
    - Classroom
    - Conference
    - Online
  - Pharmacotherapy
    - Supplied by NAVSEA funding
  - Resources
    - NMCPHC
    - TCAT

# Provider Issues



- Provider education
  - Utilized existing PHS and DoD/VA CPG
  - NMCPHC-developed CD for “anywhere/anytime” cessation support
  - Online training support available via MedScape
    - <http://www.medscape.org/viewarticle/588359>
    - <http://www.medscape.org/viewprogram/8840>

# Provider issues



## ■ Pharmacotherapy

### – Selection of medications

- No psychotropics such as bupropion (Zyban) or varenicline (Chantix)
- FDA-approved nicotine replacement therapy
  - Combined use of patch and gum
  - Ad lib use of gum to support break-through cravings while wearing the patch

## ■ Outcomes

- Improper medication selection can cause loss of work qualification and bonus!

# Captain Joe McQuade, MC, USN



- CAPT McQuade Director of Public Health at NH Jacksonville, FL. Launched Tobacco cessation program in 2007 after joining BUMED TCAT. His program in 2010 reached nearly 4,000 patients who were enrolled to quit tobacco use. The program's 12 month quit rate now consistently over 30% for Naval Hospital Jacksonville.
- Discuss actions taken by the Naval Hospital Jacksonville and Branch Clinic Kings Bay Wellness Coordinators and Clinical Champions which contributed positively to the Submarine Force goal.



# MTF Support to Subs



- Public Affairs provided this quiet reminder in every issue of the sub base newspaper through the Fall.
- Word passed to make cessation support available to SUBFOR “family”

# MTF Support: Train the trainers.



- Wellness staff from NH Jacksonville worked with Wellness staff at Kings Bay training non medical crewmembers to serve as facilitators for tobacco cessation aboard the submarines.
- Our clinical champion provided timely feedback to the providers, medical staff, as well to the Submarine Force Commanding Officers and Submarine Squadron Commander at monthly Ombudsman meetings held at Kings Bay.

# Metrics matter.

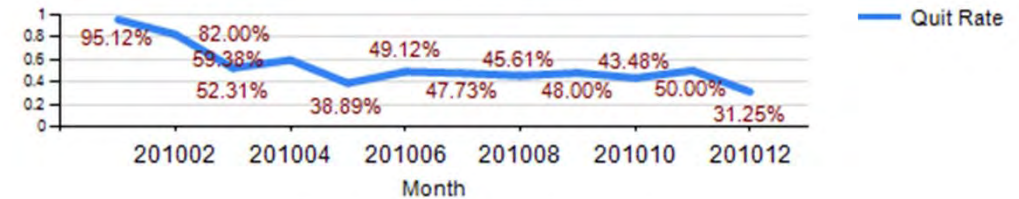
- Track success
- Provide feedback
- Command visibility

January 2010 - December 2010

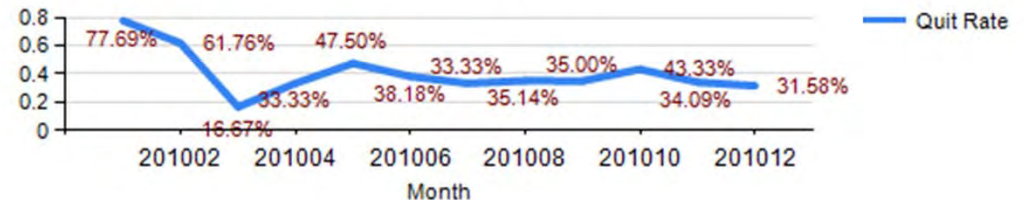
**NH JACKSONVILLE 3-Mos Quit Rate w/Con**  
70.72%



**NH JACKSONVILLE 6-Mos Quit Rate w/Con**  
53.57%



**NH JACKSONVILLE 9-Mos Quit Rate w/Con**  
40.63%



**NH JACKSONVILLE 12-Mos Quit Rate w/Con**  
31.69%





# A long road ahead

- Efforts at tobacco cessation need to be consistent and sustainable.
- Our focus in 2011:  
Increasing the accessibility to cessation programs and therapy for submarine sailors and their families.

